

JAYBIRD EXPERIENCES

No. 8

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16 PAGES OF LIVE COLOR

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THE RARE HIPPIE EXPERIENCE

FUNTIME ON THE INNER GREEN

FLIGHT OF THE NAKED JAYBIRD

NUDITY: THE NEXT "IN" THING!



the bare hippie



experience

Last summer, at an impulsive and playful ceremony, the Agassi burned Apparatus. They then moved from the Haight Ashbury district, and went on to the next level of growth. For what good do they strive?





The upper abhart make a refuge out of self-knowledge. They do everything they can to choose the God that they are convinced should win every individual. They work to remove the barriers that men use to protect their souls from themselves and from others.





They expose their minds, as well as their bodies, in the hope that such裸露 honesty will help mankind to break through the isolation into a humanity-accepting experience.





The "Saunic" Boom in Bathing

BY G. P. MAGEEVAR

The days have, for centuries, enjoyed a form of relaxation and bathing called the sauna. With modern producers supplying the materials, this unique bath is becoming a big American fad.



During a single week, over 50,000 American families enjoy the health and social benefits of sauna bathing. Since the sauna room is usually large enough to accommodate a entire family at once, many American sauna owners, like the Fins, have discovered sauna bathing to be an excellent family activity. Unpleasant badminton and embarrassment over one's body seem to just go down the drain, so to speak, in the sauna room.

American interest in sauna bathing has done much to arouse interest about being naked and natural, but this interest has come slowly. Although the sauna was introduced into the United States as early as the 1800's by French lumberjacks and furriers in the old Northwest, it was not until the 1930's that construction companies offered pre-fab saunas at reasonable rates. Before the 1930's, saunas were constructed in America pretty much as they had been in Finland for over a thousand years—of logs roughly hewn from the woods on one's own property.

The wood fire or cabin that boils is traditionally located near a lake or a cold stream which, as we will see, plays a major role in the Finnish way of bathing. Windows and doors of the traditional sauna are placed low so as little heat as possible will escape. Inside the sauna are two or three rows of benches at different levels on the wall. These benches are, of course, still a part of the modern sauna because they provide a platform on which bathers may lie while going through the stages of the bath.

Also inside the sauna sauna is a wood-burning stove on which stones are piled. Hardwood makes the best fuel for sauna stones, and the fire is always lighted some while before the bath is actually taken, so that

the stones will have become sufficiently hot to conduct heat evenly throughout the sauna room. After the fire dies down, the bather is ready to begin his half-hour to an hour ritual of relaxation.

There are probably over 100,000 such traditional saunas here in Finland today, not to mention the number of modern saunas in suburban homes or in the basements of urban apartment buildings. The Finns like to use the sauna at least once a week, making Saturday "sauna day" in Finland.

The purpose of the sauna bath is much the same as the Turkish bath and other steam baths—with one major and all-important difference, humidity. While all are based on the theory that perspiration is the best method of cleaning the skin, the Turkish bath is humid and sticky. The dry air in the sauna room, however, allows a bather to be comfortable at temperatures over 200°F. A handy return of the sauna water heated—and enjoy—temperatures up to 230°F.

The sauna should not be taken on a full stomach. The heat of the sauna stops up body circulation by drawing blood to the skin surface. Just after eating, the stomach needs blood for digestion. Bathing within an hour after a full meal can result in "furnaces" throughout the body—just the opposite of how a sauna should make one feel.

Briefly, we will describe the various stages of the authentic sauna so you can see how it compares with the modern, Americanized, version.

First, when the sauna has "opened" and the stones are quite hot, the bather begins with some li-



ten or twenty minutes of perspiration. The temperature should be about 140°F to start. The bather should lie prone on one of the benches, in order for the heat to distribute itself equally over his body. In a sitting position, the head will necessarily receive more heat than the torso, and still more than the legs and feet. Lying is further recommended over sitting because fewer muscles are required, and the lay in the sauna is using as little effort as possible; moreover, movement should be slow and deliberate to gain the maximum intensity of relaxation.

The next phase is the production of steam by spraying water on the hot stones. This raises the humidity along with producing the fragrant vapor, but it should not be overdone. A 173°F temperature with a humidity level of 10% is very pleasant, whereas too much steam can drive a bather out of the sauna, regardless of how low the heat is.

The Finns take great stock in the third phase of the sauna—that of whisking their bodies with branches of birch leaves. The branches, about two feet long, are cut from the silver birch, tied together in a whisk or besom, and dried. Whisking—slapping the branches against the body—begins at the shoulders and chest and continues downward, saving the feet and legs for last. Whisking stimulates blood circulation, as well as further loosening the dead skin which perspiration has softened.

Following the whisking, the bather washes all gime and perspiration from his body. It is common practice for a friend or a member of the family—one's sauna partner—to help the bather scrub his back, as this is often difficult for one to do himself. Finns often bathe the birch whisk with soap, and use these to scrub the body clean. The birch leaves a fresh, woody fragrance on the body for many hours afterwards.

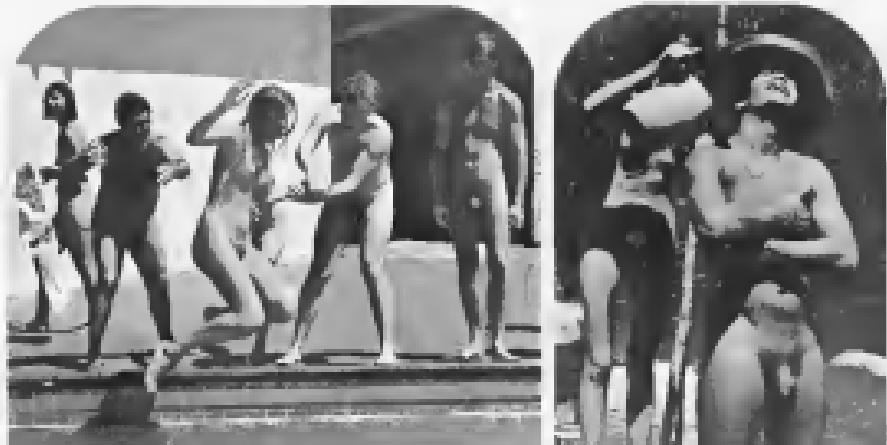
After washing, the body should, of course, be rinsed off in warm water. Now, the bather is ready to experience what is considered by some to be the best part of the sauna—the cooling off. Finns usually run nude out of the bathhouse and plunge headlong into a cool lake or cold shower. If neither of these is possible, an ice-cold shower accomplishes much the same result even if it sacrifices part of the spirit of the sauna.

If the body has been sufficiently heated in the perspiring stage, and if the blood has been well circulated by whisking, there is never any danger that a bather will catch cold from the drastic decrease in temperature, even though he is completely nude.

Drying off follows. Finns do not use a towel, preferring to stand in the open air in the dressing room to dry off naturally. It is important that the body is thoroughly dry before dressing, however, otherwise "afterperspiration" may occur, and this can cause boils.

Finally comes the stage the Finns consider every lit-





an important as any of the others—the rest period. The most pleasant experience after a traditional sauna is lying nude in the fresh air outside the bathhouse. Veterans seem bathers like to take their summer evening baths so that this rest period comes just as the sun is sinking over the lake, and the air is still and calm.

American sauna bathing is apt to be somewhat different from the Finnish model. First of all, temperatures are seldom so high in the American sauna. Most of the modern saunas in this country are electrically heated and have thermostatic controls. The procedure for raising the heat is simply to climb to a higher bench.

However, the stones are retained as a part of the modern sauna, although no water is splashed upon them. Hard, igneous stones that will not crack with the heat of the stove should be used. Rocks of the type, such as quartzite, are found along the shores of beaches and streams. The stones should be somewhat larger than a man's fist and should be placed in a gridded pile with the largest at the bottom.

Wobbling is seldom a part of the American sauna, but usually bathers, realizing the benefits of stimulating the blood capillaries, will scrub themselves roughly with a coarse washcloth to achieve nearly the same effect.

Often, too, rolling in the snow is cool off after the sauna is disposed with, mainly because American visitors, Finland, does not have snow on the ground five months out of every year. Some portions of the country, in fact, never even see snow. However, bathers who are fortunate enough to have their sauna at poolsides will usually take the opportunity to dash nude from their bunks and plunge into the chlorine water. But many other Americans, with sauna belts in a section of their garage or in the basement, may content

themselves with cooling off under an icy shower.

But what are the social and health benefits so often spoken of in the sauna bath with sauna bathing? For one thing, more and more Americans are becoming aware of the joys of nude living thanks, in part, to the sauna bath. As mentioned earlier, the sauna can be a fine family experience, and an experience so pleasant and informal that it is only natural to want to share it with friends. Today, many people are taking a hint from the Finns, and are inviting their friends over for a sauna much as they would invite them over for a barbecue or a dip in the pool.

The beneficial effects of the sauna on one's health are several. An ordinary doctor states that "the psychological effect of the sauna cannot be overemphasized." Another specialist experts, "The sauna banishes psychological troubles...as in fact, the mind is relieved of all pressure," and everyday problems are pared down to their naked proportion.

Besides the tranquilizing effect the sauna has on one's nervous system, the thermal perspiration induced by the dry heat of the sauna reduces one's weight. People melt away while the perspiration provides a thorough cleaning of one's pores—scratching no hot tub bath or shower is capable of doing.

Finally, one's muscles are loosened and made supple again. When physical tension builds up from a hard day at the office or from the bending and lifting of housework, the sauna reconditions the body quickly and effectively, making one feel completely relaxed and at ease again.

All the advantages of bathing the Finnish way begin to add up. Perhaps that is why the sauna movement is blossoming across the United States. If any one activity can be morally uplifting, physically beneficial, socially interesting, and practical, too, well—90,000 Americans just can't be wrong! ■■■



Jay-Girls in the Wilds



Most of us, at one time or another, feel like breaking away from it all. If we are lucky, as these two Jaygirls are, we have a wooded retreat to which we can go. In these crowded times, we actually need even more than a hideout in a secluded glen. Society is so structured that we can go through our entire lives and encounter very little that is new. We arise in the morning, eat the same food for breakfast that we have every day, drive down the same streets to work while listening to the same radio programs. During an entire eight hours of work, we seldom see new people. We return home to spend an evening in much the same activities that occupy every evening of the year. Our lives are deadened by monotony.







There is great value to the mind in the inclusion of variety into our daily routines. Jaybirding fills such a need; so does the association with people whose lives differ greatly from our own. Contrasts of interests serve to accent living, and to keep us alert.





GAMBOL IN A GABLED GALLERY



Creative people are most at home in an atmosphere that is distinguished by social and aesthetic freedom. Artists of pen, brush, camera, and chisel usually find that they have at least one thing in common—a willingness to accept themselves and others as unique individuals. This open-mindedness extends to the approval of nudity.

Many artists lay off whenever possible





These leaders in intellectual endeavor know that a permissive society is the only kind that is compatible with true creativity. The painter who is willing to be nude with his model will gain understanding of nakedness. Restrictions placed on an artist's personal freedom will result in a cut in his ability to produce really original works of lasting importance.



NOTHING BETWEEN US

LETTERS

It is always gratifying to learn what the final disposition is of a case which we have learned about in the daily papers. It is no often the habit of these publications to print big headlines about an accusation, and to print the sentence of the case, in which the defendant was sentenced, in a tiny one-inch notes on page 5.

A case in point is that of Pamela Brown. After all the hullabaloo about her posing for *Cosmopolitan*, last year, the volunteers left school opening a "tupper" shop not far from the campus. A few months ago, she was arrested on the charge of "selling obscene books."

The January 4, 1968, issue of the Miami, Florida, News, printed a short announcement that all the charges against Miss Brown were filed unanswered, and that she was cleared of them all. The case was dismissed, and Pamela is free to pursue her chosen occupation without, we hope, further harassment.



A similar situation took place in Des Moines, Iowa, towards the end of last year. Back in September, the City Council of Des Moines launched an investigation of "nude magazines." To quote the Des Moines, Register-Tribune:

"One of the magazines was a nationally-known publication that made cross-dress undergarments. The other two were of the nude colony type."

The councilmen later became somewhat embarrassed over the controversy they had stirred up and reportedly asked Riley Incorporated counsel, asked to study the matter, privately to drop the issue.

"Wednesday, Riley submitted a year-end report to the council on various legal matters. The last item read simply:

"Three Magazines I am not yet prepared to report on the magazines referred to the Legal Department by Bill Call Number case of Sept. 18, 1967."

"The councilmen received and filed the report without comment."

It is too bad that men cannot be made of such back-door acknowledgements that nudity is a part of human being. It is shocking to realize that these people who consider themselves to be decent actually think that they are complying with God's will. You would think that they didn't know that all men (and women) are born naked!

On the facing page is a questionnaire which recently was sent to all members of Jaybird Anonymous. The editors of JAYBIRD EXPERIENCES recognize that there is a continued need for two-way communication with our readers. We want to know what you think of our publication, and we wish to give future issues to more adequately satisfy your needs and wishes.

You, our readers, are the most important people in the world to us, and we would like to make JAYBIRD EXPERIENCES exactly what you want in an ideal magazine. Many of you have, from time to time, sent letters in which you expressed your views. We sincerely appreciate every one we have received. Each letter is welcome, and every suggestion is carefully considered.

We recognize that readers today are constantly faced with forms to fill out, and we understand that they can become quite a nuisance. However, the only way that we can find out what you want is through such a survey. We hope that you will take the small time needed to help yourself to an ever better magazine than we now offer.

It is possible that you might consider some of the questions too personal. If so, please don't feel that you are compelled to answer them. You are certainly invited to answer only those questions which you feel are needed for complete expression of your opinion. Your vote, in whatever area you choose to register it, will be important to us.

When you have completed the survey, please tear it out and mail it to:

Survey Editor
Jaybird Publications
P.O. Box 3213
North Hollywood, Calif. 91409

Dear Mrs. Bentroll:

I just got the "first" issue of Jaybird Experiences in placing Women's Home Jaybird. Thanks for making the change. I have to agree, after looking at four issues of women around the house, that it can get pretty boring. The new format is a lot more interesting. By the way, that article, "Our Nation's Foundations," was just too much!

Sincerely,
D.K., Cicero, Illinois

Dear Editor:

I certainly enjoyed the beautiful pictures of the mother and child on page 74 of the last issue of Jaybird Experiences. That sort of picture certainly says wonderful things about the naturalness of family nudity. My wife enjoyed the pictures, too.

Sincerely,
J.E., Omaha, Nebraska

ONE OF THE GREATEST BENEFITS OF
JAYBIRDING IS THAT SINGLE MEN
DON'T HAVE TO WAIT TO BE ADMITTED
TO HARD-TO-ENTER RUGGED CAMPS.

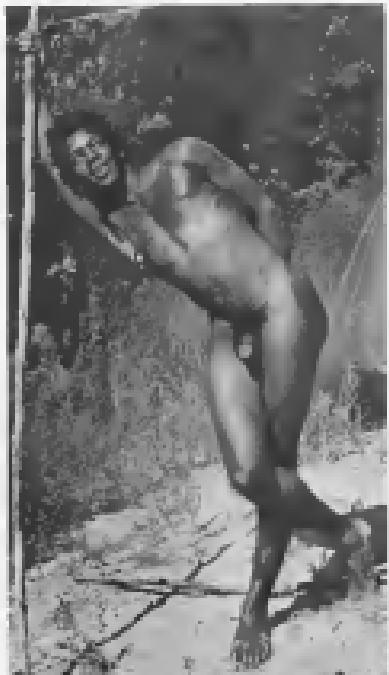
JAY-MEN IN THE WILDS





ANY SECURED SHOT CAN SERVE AS A SATISFACTORY "PLACE IN THE SUN" FOR NUDING. IN THE BODY-RELAXING EXPERIENCE OF OUTDOOR NUDEITY IS AVAILABLE TO ANYONE WHO IS WILLING TO TAKE ONE OR TWO SIMPLE PRECAUTIONS.

JUST HUNT ON OUT IN AN AREA WHERE TWO STORY HOMES AIN'T ALLOWED. THEN PUT UP A HIGH FENCE IF THIS ISN'T POSSIBLE, DRAW OUT INTO THE COUNTRY, FAR FROM NEIGHBORS AND HIGH ROADS. THESE PRIVACY IS POSSIBLE.





TRIO ON A NAKED TRIP



We hear the phrase constantly these days: "It's really a trip," the hippies say, and they always seem to know what they mean. Yet no dictionary will provide us with an adequate definition. But the meaning is not so obscure as some people make it appear. If a person takes a "trip" into an area on land, he experiences the activity in all the fullness of which he is capable. He needs to be given the chance to learn about it.







These residents of the artistic community located in the Big Sur often take nude "tours" into nature. They know nakedness as part of life. How can one commune with nature if one isolates the body by wearing clothes? They know the wonder of rough sand and that texture, not only the bare feet, but the bare body as well. They perceive the necessity of total contact with the still ocean breeze. They have learned that the eyes can tell them only of the visual beauty of the ocean. They know that their ears can pick up the various calls of the birds and the crashing of the surf. Both are fun to experience.



The skin has a message of

its own to send to the receptive mind. Only full skin contact with the elements allows the skin to do its work completely. Rocks, sand, water, air—all are more fully experienced when the skin is uncovered. Max, cuttings madly in a "trip!"





We do not have a complete city here in America, where

Jaybirds can enjoy nude living at all times. There are such places, however, in Europe. Montalivet, in France, is the best known of such nudist towns. All forms of business and recreation are available to the residents. Some Jaybirds in America have worked out a substitute for the total nude life. They open their establishments to other Jaybirds after the doors close at the day's end.





The great character of the
heyday of American boxing,
George Bellows, also took
time to draw exciting nudes.

by Robert Redman

nudes from a surprising source

In the days when "bums" were neighborhood pain for the men of the house, and servants lived their floors, and when the major topic of conversation was sports—and boxing in particular—the most popular mural everywhere was the black-and-white ink lithograph of the old champion, Jack Dempsey, being knocked through the ring ropes by challenger Firpo.

In those days things were a lot simpler, and there were few surprises. It was after the first World War and in America men looked like men and women looked like women. Men worked twelve hours a day and women stayed home. Heroes were easily plumbled, as were the "bad guys." There was no TV, the medium patterns were not immensely popular, and sports fans listened to radios for statistics, and read the newspaper for the hourly full-detailed story.

Few people cared to know who George Bellows was—other than the fact that the Dempsey-Firpo picture was his. It satisfied those who ate or heard about that fight and others like it. For a decade afterward, it still inspired men to remember "the good old days."

In the art world many people knew George Bellows. He was, by turns, a chronicler of his era (in that he







FLIGHT OF THE NAKED JAYBIRD

The 60's have been called the "age of the jet," but only a limited number of modern people actually have flown in the spendy bands. These years could better be dubbed the "air age," for jets only travel between big population centers. Most people who seek seclusion in out-of-the-way places learn to consider the airplane as "regular transportation." The urge to travel and to do things demands that very little time be wasted in getting to "where the action is." Joybirds who travel down into the Baja Peninsula often use the airplane, for automobile traffic is very slow and difficult on the rough, unpaved Mexican roads.







These little planes usually take off from the small airports that dot the edges of many of our cities. In Baja, they often will have to land on the road, the only level land around

